

Functional Blood Testing

Course Syllabus

Pre-Course

ADAPT FOUNDATIONS

- Welcome to ADAPT Functional Blood Testing Course
- Learning Theory: Why the Course is Structured How It Is
- Getting the Most Out of the Course
 - Time commitment
 - Study tips
 - Getting support
- The Future of Medicine
 - The epidemic of modern disease
 - A new approach to medicine
 - Recognizes exposome and epigenetics as primary drivers of disease
 - Embraces an evolutionary/ancestral perspective
 - Applies a functional medicine approach to care
 - How functional and conventional medicine differ
 - **Patient Handout: Functional vs. Conventional Medicine**
 - The ADAPT functional medicine systems model
 - **Clinician Handout: Future of Medicine – Community Presentation**
- Handout Generator Tour

Lesson 1

BLOOD CHEMISTRY BASICS

- Introduction and overview
- Principles of functional blood chemistry
 - Functional vs. conventional ranges
 - Recommended panel
 - Options for ordering the panel
 - Where to find additional info
- **Clinician Handout: Blood Chemistry Report Template (Excel)**
- **Clinician Handout: Blood Chemistry Report Template – Men**
- **Clinician Handout: Blood Chemistry Report Template – Women**
- **Clinician Handout: Blood Chemistry Report Template – Women Alt**
- **Working Procedure: Create Blood Chemistry Report**
- **Clinician Handout: Professional Co-op Case Review Panel**
- **Clinician Handout: Functional Blood Chemistry Patterns**

Lesson 2

BLOOD CHEMISTRY PATTERNS: HYPERGLYCEMIA

- Hyperglycemia Part 1: Etiology and Diagnosis
 - Case studies
 - Additional markers
 - **Patient Handout: Diet and Lifestyle for Blood Sugar Disorders**

Lesson 3

BLOOD CHEMISTRY PATTERNS: HYPOGLYCEMIA

- Hyperglycemia Part 2: Treatment
- Hypoglycemia / reactive hypoglycemia
 - Case studies

- Additional markers
- Treatment
- **Clinician Handout: Interpretation of Hypoglycemia Follow-up Tests**
- **Patient Handout: Protein-Sparing Modified Fast Guidelines**
- **Patient Handout: Intermittent Fasting**
- **Patient Handout: The Potato Hack Diet**

Lesson 4

NUTRIENT IMBALANCES: IRON DEFICIENCY

- Case studies
- Additional markers
- Treatment
 - **Patient Handout: Iron Repletion Protocol**
 - **Clinician Handout: Functional Range for Iron Markers**

Lesson 5

NUTRIENT IMBALANCES: IRON OVERLOAD

- Case studies
- Additional markers
- Treatment
 - **Patient handout: Iron Reduction Protocol**
 - **Patient Handout: FeGGT LifePro Questionnaire**
 - **Clinician Handout: FeGGT LifePro Score Assessment**
 - **Patient Handout: Determining HFE Status with 23andMe**

Lesson 6

NUTRIENT IMBALANCES: B12 DEFICIENCY

- Case studies
- Additional markers
- Treatment
 - **Patient Handout: B12 Repletion Protocol**

Lesson 7

NUTRIENT IMBALANCES: VITAMIN D IMBALANCE

- Case studies
- Additional markers
- Treatment
 - **Patient Handout: Optimizing Vitamin D Levels**
- Zinc-copper imbalance
 - Case studies
 - Additional markers
 - Treatment
 - **Patient Handout: Optimizing Copper and Zinc Levels**

Lesson 8

NUTRIENT IMBALANCES: MAGNESIUM DEFICIENCY

- Nutrient imbalances: Magnesium deficiency
 - Case studies
 - Additional markers
 - Treatment
- Thyroid imbalances
 - Thyroid hypofunction part 1
 - Case studies

- Additional markers
- Treatment

Lesson 9

THYROID IMBALANCES: HYPO- AND HYPERTHYROIDISM

- Thyroid Hypofunction Part 2
 - Case studies
 - Treatment
- Thyroid hyperfunction
 - Case studies
 - Additional markers
 - Treatment
- **Patient Handout: Dietary Nutrients for Thyroid Health**
- **Patient Handout: THEA Score Patient Questionnaire**
- **Clinician Handout: THEA Score Assessment**
- **Clinician Handout: Approach to the Finding of a Low Thyrotropin Level**

Lesson 10

OTHER BLOOD CHEMISTRY PATTERNS

- Impaired kidney function
 - Case studies
 - Additional markers
 - Treatment
- Other metabolic patterns (dehydration, gout, changes in muscle mass)
 - Case studies
 - Additional markers
 - Treatment

Lesson 11

OTHER BLOOD CHEMISTRY PATTERNS (CONTINUED)

- Impaired liver function
 - Case studies
 - Additional markers
 - Treatment
- Impaired gallbladder function
 - Case studies
 - Additional markers
 - Treatment
 - **Clinician Handout: Treatment of Gallbladder Dysfunction**

Lesson 12

OTHER BLOOD CHEMISTRY PATTERNS (CONTINUED)

- Anemia (iron deficiency)
 - Case studies
 - Additional markers
 - Treatment
 - **Clinician Handout: ACD and IDA Marker Comparison**
 - **Clinician Handout: Causes, Signs and Symptoms of Anemia**

Lesson 13

OTHER BLOOD CHEMISTRY PATTERNS (CONTINUED)

- Anemia (B12 and folate deficiency)
 - Case studies
 - Additional markers
 - Treatment
 - **Patient Handout: Dietary Sources of Folate**

- **Patient Handout: Methylation Nutrients and Foods**
- Anemia (of chronic disease)
 - Case studies
 - Additional markers
 - Treatment

Lesson 14

OTHER BLOOD CHEMISTRY PATTERNS (CONTINUED)

- Dyslipidemia
 - Case studies
 - Additional markers
 - Treatment
 - Bonus Interview with Peter Attia
 - **Clinician Handout: Dyslipidemia Treatment Matrix**
 - **Clinician Handout: Simon Broome Criteria for FH**

Lesson 15

OTHER BLOOD CHEMISTRY PATTERNS (CONTINUED)

- Infection and immune dysregulation
 - Case studies
 - Additional markers
 - Treatment

Lesson 16

OTHER BLOOD CHEMISTRY PATTERNS (CONTINUED)

- Impaired methylation
 - Case studies

- Additional markers
- Treatment

Lesson 17

BLOOD CHEMISTRY REVIEW

- Bringing it all together
- Full case studies with blood panels and history

Lesson 18

BLOOD CHEMISTRY REVIEW (CONTINUED)

- Full case studies with blood panels and history
- Wrap-up